

Jamaica's Bolt smashes world record



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Private funeral today for fallen soldier

DOYLE Family and friends will mourn Master Cpl. Erin Doyle — Canada's 90th soldier killed in Afghanistan — today during a full military funeral at the St. Emile Church in Legal.



Master Cpl. Erin Doyle

The funeral is closed to the public.

Doyle, a member of the Edmonton

Garrison's Third Battalion Princess Patricia's Canadian Light Infantry, died in a battle with insurgents at a remote combat outpost in the Panjwayi district of Kandahar province last week.

Doyle was protecting the outpost with other soldiers when it was attacked with rocket-propelled grenades and small arms fire.

METRO EDMONTON



Firefighters battle a two-alarm blaze at the Bennett Environmental Education Centre yesterday. The fire broke out in a wing of the facility, but not the main historical area. No one was hurt.

Blaze torches school wing

JEFF CUMMINGS
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Soaring flames and a towering plume of smoke gushed out of the Bennett Environmental Educational Centre yesterday, threatening to destroy a venerable city building.

Forty-five firefighters worked frantically to contain the two-alarm Cloverdale

blaze near 97 Avenue and 94 Street after it was called in shortly before noon.

ATCO Gas officials turned off a gas line believed to have fuelled the blaze and fire officials were able to get control of the stubborn fire, easily visible from downtown. It was extinguished sometime around 2:15 p.m.

The fire threatened the historic Bennett School, built in 1912 and a favourite

spot for field trips, according to the Edmonton public school board. The fire was contained in a newer wing of the building.

Four adults fled the building safely. They were preparing for a field trip visit from 17 junior high students, said Jill McCormick, a spokeswoman with the city's fire department.

A woman who lives next door to the building was at

home sick from work when she saw the fire and called 9-1-1.

"It sounded like somebody turned on a water hose on a window, right beside your head," said Judy Tomazewski.

"I jumped off the couch to see what was going on...that's when I saw the flames pouring out."

"My heart was just a going, and it scares me for just

how close the fire really was to our house."

Tomazewski says she is happy the fire didn't spread to the school as her family has connections with the old building. Her husband is a former student, she said.

No damage estimate was available yesterday.



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World pg 6

Jet crashes in Spain

Food pg 17



Tomatoes with buzz

ShareYourViews

edmontonletters@metronews.ca

Swann throws hat into ring in provincial Liberal leadership contest



David Swann

The talent pool got a little deeper yesterday as Calgary-Mountain View MLA

David Swann waded into Alberta's Liberal party leadership race.

Swann, an outspoken advocate for the environment and humanitarian causes abroad, pledged to

pay-down the party's nearly \$600,000 debt.

"These are dangerous times and they are times of great opportunity and excitement," said Swann on the banks of Calgary's

Bow River.

March's provincial election saw the Liberal caucus reduced to 9 seats from 16 and prompted the resignation of leader Kevin Taft.

Swann joins Calgary-Cur-

rie MLA Dave Taylor and former Edmonton-McClung MLA Mo Elsalhy in the bid for the party's leadership, which will be decided by Dec. 13.

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Get active with Greenpeace this September

Greenpeace is holding a three-day "action camp" for aspiring activists. Information sessions about Alberta's oilsands and workshops on non-violent action will be offered over the weekend of Sept. 19 to 21. **METRO NEWS SERVICES**

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Local

Labour Day poker

The River Cree Casino is hosting the Labour Day Open poker tournament with an estimated prize pool of \$5,000 between Tuesday, Aug. 26 through Sunday, Aug. 31. The tournament will be televised on The Score. Among those in the running are top players Brad Booth, Gavin Smith and Greg Mueller. **METRO NEWS SERVICES**



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Gangs, drugs ruled out in killing: police

Officials ask anyone with information to come forward

JEFF CUMMINGS
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Homicide investigators have ruled out drugs and gangs as a motive in a fatal shooting at a light night family party in city's northend Sunday morning, says a police spokeswoman.

Investigators, however, are hoping anyone at the late night party at the Canadian Native Friendship Centre near 112 Avenue and 101 Street will come forward.

"They don't have any suspects right now and it's still under investigation," said police spokeswoman

Patrycia Chalupczynska.

A medical examiner ruled that 26-year-old Terence Miller died from multiple gunshot wounds.

The man was brought into hospital where he later died; just as police were responding to a gun complaint at the Canadian Native Friendship Centre around 4:44 a.m. Police say witnesses heard several gunshots at the hall and investigators believe the man was at the party in the hall before he was attacked.

This is Edmonton's 18th homicide of the year. Twenty homicides were reported at this time last year.

Bus drivers in short supply

VICTORIA HANDYSIDES
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There may fewer "wheels on the bus going round and round" come the first day of school, if more people aren't found to drive the buses.

"The wage is the Number 1 reason why people don't want the job," said Andrea Durvec of Golden Arrow Bus Services. "This time of year is very stressful for us."

All bus companies in Edmonton are contracted by either the public or Catholic school boards. Companies like Golden Arrow are only able to pay drivers around \$65 per day for taking kids to school in the morning and picking them up in the afternoon.

"It's really for people that enjoy part-time work, but that presents another problem," Durvec said. "We don't offer compensation during the summer, and people often get other jobs that they carry over



Ziad "Zee" Amer is training to be a school bus driver in his retirement through Golden Arrow Buses, west of the city. The training takes about 10 days.

into the school year."

Golden Arrow runs 150 buses around Edmonton and the Parkland School District, which includes Stony Plain and Spruce Grove. At present, the company is about 10 per

cent short of drivers.

It's not a job for everyone. "We get new drivers who have never experienced this. If you don't have a liking or patience for children, otherwise it's just not going to work

out," Durvec said. "People will work a week or two weeks and then quit because they just can't handle the stress of the children."

Most schools in the city resume classes Sept. 2.

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Petro-Canada says it could take a week to get stations back and running again. A catalytic cracking unit, a key part of production at the Edmonton refinery, was shut down last week resulting in a gas shortage at the pumps. Motorists will notice the gas shortages at "zeroed out" stations. **METRO EDMONTON**

Powerful addiction

VICTORIA HANDYSIDES
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Feverish Edmontonians sucked more juice than ever before out of the city's power system in the scorching heat wave Monday, causing Epcor officials to warn that if more lines aren't added to the system soon, residents could be left in the dark.

"We believe population growth and the fact that people were using a lot of air conditioning were the biggest contributors," said Epcor spokesman Tim le Riche. "We have been saying for quite some time that we need more transmission in Alberta."

A record 24,265 megawatt hours of power were recorded in Edmonton Monday afternoon, when temperatures soared to 35C. Monday's usage broke the previous record when temperatures were almost 70 degrees lower, on a freezing day in January 2007, when 23,746 mW-h were recorded.

"We've got generation, but it's the wires that carry the power to people we



More powerlines are needed to keep up with demand.

need. There hasn't been any new development of transmission in the area for 20 years," le Riche said. "These records are an indication that we could be in a situation where we ask people to turn off the lights because we're running out of power."

The Alberta Electric System Operator determines how much strain is being placed on the existing electrical grid and plans system upgrades. Officials admitted that the grid is in need of a revamping.

"We're still tight, but manageable, and will be

getting through. But we do need to expand the system to keep up with the growth in the future," said AESO senior project director Dick Way. "Measures like the peak load on Monday are indicators we're still on track with our forecast and we need to build infrastructure in the future."

Way said an underground addition to the transmission system is being built in the Castledowns area to supply power to the downtown core, and a reinforcement project is underway near Ellerslie.

City councillor taps into water ban

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Shutting off the taps on bottled water sales in city parks and arenas would be difficult, said Coun. Don Iveson, who admits he's keen on the idea.

Councillors in London, Ont. were the first in Canada this week to adopt such restrictions voting 15-3 Monday to ban water bottle sales at parks, arenas, community centres and golf courses.

"To get people to buy into it publicly would be difficult, and it is a shame, because bottled water is one

Bottleneck

- The amount of oil required to create a plastic water bottle is equivalent to filling the same bottle a quarter full with oil.
- Sales of bottled water in Canada, including imported bottled water, reached 2.16 billion litres in 2006, says the Beverage Marketing Corp.

of the stupidest ideas mankind has ever made," said Iveson.

"It's virtually free from the tap and what comes out of the tap is equal or better than what you pay

for in the bottle."

Iveson says he will watch what is happening in London very closely.

"I am sure there would be some blow back from retailers here and from people who rely on it because they can't be bothered to take from the tap," said Iveson.

It takes 150 times as much greenhouse gas to produce bottled water as it does tap water, say city officials in London.

The Canadian Bottled Water Association, which represents 100 bottlers in Canada, said it was disappointed with the decision in London.

Food Tackling the shortage



Edmonton Eskimos quarterback Ricky Ray helps load food into boxes at the Edmonton Food Bank yesterday. Ray was there to kick off a joint initiative between Purolator and the Edmonton Eskimos to support the food bank. Ray and the Eks take on the 6-1 Saskatchewan Roughriders tonight at Commonwealth Stadium.

Mounties seek help finding missing man

MISSING MAN Mounties in Fort McMurray are asking for help in finding a 62-year-old man reported missing since Aug. 11.

Mounties believe John James Cardinal could be in the Edmonton area. He was reportedly spotted in his truck driven by a "female acquaintance" near the Roadhouse Bar Sunday.

The man told his family that he was working some-

where south of Fort McMurray and employment records showed he was working in Edson for Morgan Construction, police said.

Cardinal is aboriginal, six-foot-tall, 245 pounds, with black grey hair.

Anyone with information about his whereabouts is asked to call Crime Stoppers at 1-800-222-TIPS. **METRO EDMONTON**

Edmonton's Jamaican community struck by Bolt

JEFF CUMMINGS
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Edmonton's Jamaican community is throwing a big party to celebrate the Caribbean Island's gold medal haul on the track in the Beijing games when that country's labour minister comes to town Aug. 27.

Arthur Clarke, a member of the Jamaica Association of Northern Alberta, says they won't start the party yet, because "more medals are coming Jamaica's way."

Jamaica Labour Minister Pernel Charles had already planned to be in Edmonton to meet with industry leaders about bringing in skilled workers from the island to help in Alberta's tight labour market.

"We've been on the map with a lot of things, such as Bob Marley and reggae music, we've been on the map in a lot of cultural activities and we are showing again that we can produce great runners," said Clarke.

Clarke said Jamaica's runners, like double-world record holder track star Usain Bolt, would encourage the island's talent to stay in the small country rather than moving elsewhere.

"Because of our small space, most of them need to go to other places, so we are happy when we can keep some of them to perform for Jamaica," said Clarke.

Bolt smashed the world record in the 200-metre run by finishing 19.30 seconds yesterday; four days after his world-record breaking win in the 100.

Jamaica could be dubbed the world's fastest nation as they ruled the podium in the women's 100, taking all three medals in the race.

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Canada/World

Recall widens due to food-borne illness

One person in Ontario has died and 16 others have fallen ill from a nationwide outbreak of food poisoning in what public health officials say may be linked to contaminated meat products sold at a major Toronto packaging plant.

Hundreds of thousands of kilograms of ready-to-eat meats supplied to grocery stores, fast-food outlets, hospitals, and retirement and nursing homes have been recalled and the Maple Leaf Foods plant on Bortor Road has been temporarily shut down as food

Across Canada:

- Of the 17 known cases, 13 are in Ontario, two in British Columbia, and one each in Saskatchewan and Quebec.

inspectors try to determine the source of the outbreak.

Toronto public health officials have confirmed five cases in Toronto of listeriosis, a serious food-borne illness caused by the *Listeria monocytogenes* bacterium.

Four more cases could be tied to the outbreak after testing, and many more

may be discovered as the symptoms of listeriosis — high fever, severe headache, neck stiffness and nausea — appear.

Grocery stores yesterday began pulling recalled Maple Leaf products from their shelves and fast-food outlets stopped selling certain meals as a precaution.

Some 570,000 kilograms of meat have been voluntarily recalled by Maple Leaf Foods. Officials at the Public Health Agency of Canada confirmed they are investigating a connection with the recalled meat.

TORSTAR NEWS SERVICE

Fireworks Competition Canada lights up the sky



A fireworks display by Team Canada lights up the sky over Putrajaya dam during the Malaysia International Fireworks Competition 2008 yesterday in Putrajaya, outside Kuala Lumpur.

Dion drives green message

POLITICS Liberal Leader Stéphane Dion attended a 1,000-strong meeting in Oakville yesterday — his biggest crowd to date as he testifies his proposed carbon tax in the lead-up to what is increasingly looking like a fall federal election.

"It's not as nearly complicated as some people would have you believe," he told the enthusiastic crowd, which was, for the most part, made up of Lib-

eral supporters from Halton and surrounding ridings.

"Right now, to address the slowdown in our economy and the long-term problems if we don't act, the main strategy is to bring the economy and the environment together ... it is to find a way to have sustainable development here in Oakville and Canada right now," he said to loud applause.

TORSTAR NEWS SERVICE

Montreal lands top Monopoly spot

LOCATION After an online vote conducted earlier this year, Hasbro, Inc. has announced that the most expensive properties on the new Monopoly Here & Now: The World Edition game board will be represented by Montreal and Riga, Latvia. More than 5.6 million votes were cast for 70 cities worldwide to determine which 22 would be featured in the new game.

REUTERS



A relative of a passenger on the Spanair jet that crashed arrives at Barajas Airport in Madrid.

Spain crash kills 153

A Spanish jet heading for the Canary Islands crashed on takeoff and burst into flames at Barajas Airport in Madrid yesterday, killing 153 of those onboard, the government said.

Smoke billowed up near Terminal Four from the remains of Spanair's Flight JK5022, an MD-82 jet bound for Las Palmas in the Canary

Islands, which broke into pieces in an accident which Development Minister Magdalena Alvarez said left 19 survivors.

The 15-year-old plane, carrying 166 passengers and nine crew, shot off the runway at 2:45 p.m. local time, according to Spanair, and witnesses described a huge explosion.

Survivors were flung from the plane by the force of the impact and landed in a stream, saving them from more severe burns.

Alvarez said the cause of the accident seemed to be "an error in takeoff," but Spanish media and a source close to the situation said the plane's left engine had caught fire.

REUTERS

News in brief

STUDY Women are their own enemies when it comes to cracking the glass ceiling, with a study finding they are less likely to promote themselves and network than men.

PAKISTAN Two missiles hit a house in Pakistan's South Waziristan region yesterday, killing six suspected militants, a security official said. It was unknown who fired the them.

ASIA British glam rocker Gary Glitter, who was released this week after serving nearly three years in a Vietnam prison for child sex abuse, has been refused entry into Hong Kong and Thailand.

U.S.A. With speculation over U.S. vice-presidential picks at a boil, prediction markets yesterday judged Democrat Joseph Biden and Republicans Mitt Romney and Tim Pawlenty most likely to get the nod.

ZIMBABWE Zimbabwean President Robert Mugabe will open parliament on Tuesday despite opposition warnings that this would endanger power-sharing talks aimed at ending the country's deep political crisis.

REUTERS

Russian pullout seen as 'very unsatisfactory'

GEORGIA Russian military trucks trickled back into Russia from Georgia yesterday, but no armoured vehicles or artillery passed and there was no sign of the large-scale rapid pullout demanded by the West.

The White House urged Moscow to hurry, while Germany, a key Russian trading partner, described the situation in Georgia as

"very unsatisfactory."

Russian President Dmitry Medvedev has said Russia will withdraw its forces from Georgia by Friday.

But diplomats say Russia is in no hurry to leave. It wants instead to secure maximum advantage from occupying a neighbour whose pro-U.S. policies have angered it, they say.

REUTERS

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Newfoundland sees new era as Hebron proceeds

The Hebron oil field will start producing in the next eight to 10 years after Chevron Corp. and its partners agreed to give Newfoundland a share. The province could get \$20 billion over the next 20 to 25 years, says the premier. **REUTERS**

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Business

EDITOR: FERMIN DESOUSA, FERMIN.DESOUSA@METRONEWS.CA

Retail sales figures indicate slowdown

Canadian retail sales climbed 0.5 percent in June due to soaring gasoline prices, but in volume terms sales fell, indicating consumer spending is slowing but not enough to trigger a recession.

Statistics Canada said yesterday that retail sales fell 0.4 per cent on the month when the effect of rising prices were stripped out. Excluding auto and gasoline sales, they jumped by a bigger-than-expected 1.4 per cent.

Markets had expected overall sales to climb 0.4 per cent and to rise 0.5 per cent without autos and gasoline.

Inflation rates for food, fuel and clothing all rose.

Despite signs of a softening in consumer spending,

"Depressed confidence, sagging job markets and cooling wealth gains are taking their toll."

which has been keeping the economy buoyant amid a slowdown in exports, economists still expect gross domestic product to have grown in June and in the second quarter.

"Weaker real sales detracted from our estimates for GDP growth in June ... Depressed confidence, sagging job markets and cooling wealth gains are taking their toll on the Canadian consumer," said one Scotia Capital economist. **REUTERS**

Libyan ops OK after fire: Petro-Can

CALGARY A Petro-Canada spokesperson said a fire in a 450,000 barrel oil storage tank at a Libyan petrochemical and refining complex has not affected field operations.

"It's having no effect on our field production," Petro-Canada spokesperson Tom Carney said, adding that it will have a "minimal" financial impact. **REUTERS**

Business in brief

SMART PHONE Palm Inc. unveiled its Treo Pro smart phone yesterday. The Wi-Fi and GPS-equipped phone, priced at \$549 U.S., is aimed at competing with rival Research in Motion's BlackBerry.

MERGER Ericsson and STMicroelectronics will merge their wireless chip and software businesses, strengthening their hand against competitors to supply cellphone makers such as Nokia. **REUTERS**

Business in brief

HYBRID Hyundai expects to release its first Sonata hybrid, featuring cutting-edge lithium-ion battery technology, in the U.S. market as early as 2010, the company said yesterday.

MERGER The Federal Trade Commission would approve the merger of Electronic Arts Inc. and Take-Two Interactive Software, documents on the agency's website say. **REUTERS**

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Canadian medal hopeful Gary Reed placed third in his first heat in the men's 800 metres yesterday in Beijing and reached the semifinals. **METRO NEWS SERVICES**

Beijing Games

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Heymans in mix for diving medal

DIVING Emilie Heymans of St-Lambert, Que., finished fourth in the semifinals of the women's 10-metre platform early this morning at the Beijing Games.

Chinese teenager Chen Ruolin took top spot, ahead of Mexico's Paola Espinosa and China's Wang Xin.

Marie-Eve Marleau of Laval, Que., placed seventh.

The top 12 divers will compete for medals in the final later today.

Kobe powers U.S. into hoops semis

BASKETBALL Kobe Bryant scored 25 points to lead the United States men's "Dream Team" into the Olympic semifinals with a 116-85 win over Australia yesterday.

The Americans will face Argentina, which defeated Greece 80-78 yesterday, in the final four.

Spain, paced by 20 points from NBA star Pau Gasol, earned a 72-59 victory over Croatia to set up a semifinal against Lithuania, 94-68 winners over hosts China.

Cuba, Korea roar into medal round

BASEBALL Cuba signalled they are not about to surrender their Olympic crown without a fight after pulverizing China 17-1 in seven innings to complete baseball preliminary round play yesterday.

South Korea also underlined their gold medal aspirations by pummelling the Netherlands 10-0 in eight innings to finish with the only unbeaten record (7-0), one game ahead of Cuba. Canada (2-5) lost 6-5 in 12 innings to Chinese Taipei.

METRO NEWS SERVICES

Medal count

Rank	Nation	Gold	Silver	Brass	Total
#1	U.S.	26	28	28	82
#2	China	45	14	20	79
#3	Russia	13	14	18	45
#4	Britain	16	10	11	37
#5	Australia	11	12	13	36
#6	France	4	12	14	30
#7	Germany	11	8	9	28
#8	South Korea	8	10	6	24
#9	Japan	8	6	9	23
#10	Italy	6	7	7	20
#11	Ukraine	5	5	8	18
#12	Netherlands	4	5	4	13
#13	Canada	2	6	5	13

(Count at the end of Day 12)

Save the judging for reality TV

Taekwondo scandal that cost Canadian highlights Olympic problem

YorkReport



Marty York

marty.york@metronews.ca

Just as I was beginning to really enjoy the Olympics again — just when Canadian medalists **Simon Whitfield** and **Priscilla Lopes-Schliep** had me feeling almost as enthusiastic about the Games as I was during my childhood — this scandalous taekwondo nonsense surfaces in Beijing.

The fiasco hit me hard, almost as hard as one of those body blows that supposedly scores points for taekwondoers but mysteriously didn't for B.C.'s **Ivett Gonda** in her match against Sweden's **Hanna Zajc**.

A medal hopeful entering the Games, Gonda received no points from the judges and lost. And then her obfuscated coach appealed the judges' decision. And then I remembered something I loathed about the Olympics. Judges.

They were right up there alongside my other Olympic pet peeves — steroid use, political propaganda, stupid television coverage and corrupt governing bodies.

But as Whitfield soared to silver in the triathlon and as Lopes-Schliep leaped to bronze in the 100-metre hurdles — and while the Beijing Games seemed devoid of anything on my hate list — I actually started to like watching the Olympics again.

And then the taekwondo judges went and spoiled it all by doing something stupid like screwing over Ivett Gonda.

The appeal was rejected, of course, and Gonda was officially eliminated. "I was ripped off," she lamented.

It's a claim Olympians make far too often. In 2002, remember, Canadian figure skaters **Jamie Sale** and **David Pelletier** were deprived of their due rewards by judges at the Winter Olympics until public pressure prompted a rare revision and they garnered gold. Gonda wasn't as lucky, and she's peeved.



Ivett Gonda of Port Moody, B.C., right, was heavily favoured in her women's 49-kilogram round of 16 taekwondo match against Hanna Zajc of Sweden, but lost in a controversial judging decision.

Frankly, I don't know if Gonda was shortchanged or not because I don't know taekwondo from tiemys shoes. But I certainly know judging is subjective and consequently leaves itself open to second-guessing, conspiracy allegations and appeals. Which make a mockery of the Olympics. It is time, simply, to abolish sports that include judging. If a sport's results aren't obvious — if you haven't scored more goals or more points than your opponents or you haven't beaten them to the finish line — dump it. Olympic brainiacs are dropping softball and baseball. Dumb, eh? These are sports whose winners are easily discernible.

But taekwondo? Who knows what's behind judges' decisions? Ditto for boxing. And fencing, and trampolining, and gymnastics. And figure skating. Dump them all. Let me enjoy the Olympics again.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Loss cuts deeper for Canadians

Fourth places finishes sting in every Olympic event. But the pain cut a little deeper for Canada's softball team after a 5-3 loss to Australia yesterday, as they failed to reach the bronze medal game, gone forever their chance at Olympic glory.

With softball set to be dropped from the Olympic programme after the Beijing Games, today's medals — Japan and the U.S. will play for gold — will be the last handed out at a Summer Games unless the sport wins its fight for reinstatement in 2016.

Even if softball does return to the Olympic fold in eight years most of the players who took part in Beijing will have long retired, making coveted Olympic medals even more precious.

"It's tough to get this close to a medal," said Canadian first baseman Sheena Lawrick. "You work four years ... but I'm proud



Canada's Caitlin Lever, left, and Melanie Matthews react after their loss to Australia in the women's softball semifinals yesterday at the Beijing Games.

to be a part of this team."

The Canadians struggled to hold back their tears as it hit home that their sport, in one more day, would no longer be part of the

Olympics.

"We haven't dealt with yet, but we'll probably have to deal with that now," said Canadian pitcher Lauren Bay Regula. "We've been so

focused on just being at the Olympics.

"It (playing in the Olympics) has meant everything to me, everything."

REUTERS

Amputee impresses in 10k swim

SWIMMING Russia's Larisa Ilchenko won the first Olympic 10-km open water swim yesterday by less than two seconds over Britain's Keri-Anne Payne and Cassie Patten, sprinting past the du Toit pair in the last 100 metres of the jostling, rough-and-tumble contest.

South African amputee Natalie du Toit won admiration for her pluck in swimming the 10 kilometres but there was no medal for the 24-year-old, who lost her left leg below the knee in a motorcycle accident in 2001. She did finish in a very impressive 16th, around a minute behind Ilchenko.

REUTERS

Synchronized swimming

First-time Olympians Isabelle Rampling of Burlington, Ont., and Marie-Pier Boudreau-Gagnon of Riviere-du-Loup, Que., finished sixth in the duet event yesterday at Beijing Games. Russia's Anastasia Davydova and Anastasia Ermakova took gold. **METRO NEWS SERVICES**

sports **9****Beijing Games****'Shocked' Bolt thunders to gold**

Jamaican superstar sprinter smashes world record in 200-metre race

Usain Bolt produced another barely believable performance of dominant sprinting to break Michael Johnson's untouchable world record yesterday and add 200 metres gold to the 100 he won in record time four days ago.

While the Jamaican crossed the line dancing in the 100 he was all business in his preferred race, needing all his lithe power to finish in 19.30 seconds, 2/100ths better than Johnson's mark.

It made him the ninth man to complete the Olympic double and the first since Carl Lewis in 1984, but he is the first to take both races with world records.

"I'm shocked, I have been aspiring to the world record for so long," said Bolt. "I ran the corner as hard as possible and once I hit the straight I told myself to keep it up. The 200 medal has been my dream."

Behind Bolt it was chaos.

**Final results**

- Olympic men's 200m final result in Beijing yesterday.
- 1. Usain Bolt, Jamaica, 19.30
- 2. Shawn Crawford, U.S., 19.96
- 3. Walter Dix, U.S., 19.98
- 4. Brian Dzingai, Zimbabwe, 20.22
- 5. Christian Malcolm, Britain, 20.40
- 6. Kim Collins, St. Kitts & Nevis, 20.59

Churandy Martina of Netherlands Antilles, seven metres adrift, finished second ahead of American Wallace Spearmon but both were disqualified for running out of their lanes.

Defending champ Shawn Crawford, who crossed the line fourth in 19.96, was promoted to silver while Walter Dix added a belated second bronze to the one he won in the 100. **REUTERS**



Usain Bolt of Jamaica reacts after breaking the world record with a time of 19.30 seconds to win the gold medal in the men's 200-metres final yesterday at the Beijing Olympics.

MacLean leaves after mom's death

MEDIA Ron MacLean is leaving his post as the main anchor for CBC's coverage of the Beijing Olympics following the death of his mother from pancreatic cancer last night.

MacLean was scheduled to return today to his home in Oakville, Ont., to be with his family.

Scott Russell will take over as host for Olympic Prime (4 p.m. to 10 p.m.), while Diana Swain will go solo on Olympic Morning (4 a.m. to 10 a.m.)

Medal winner accused of doping

ATHLETICS Ukraine's Lyudmila Blonska, the heptathlon silver medalist and second-best qualifier for tomorrow's long jump final, has been thrown out of the Games after testing positive for steroids, Olympics officials announced yesterday.

Blonska had only just returned to competition in 2005 after serving a two-year doping ban and now faces an automatic lifetime ban. **REUTERS**

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roots 73
Quality • Integrity • Value

The Detroit Red Wings re-signed forward Aaron Downey to a one-year, two-way undisclosed contract yesterday. Downey signed with Detroit last season and appeared in 56 games for the Red Wings, registering three assists and 116 penalty minutes. **METRO NEWS SERVICES**

Sports

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONWS.CA

Canada draws Jamaica

Bad goal results in a costly home tie in Cup qualifier

Canada 1 Jamaica 1

Four minutes from halftime, Canada's Julian de Guzman and Jamaica's Ricardo Gardner converged on a ball bouncing near midfield, then collided, each landing flat on his back.

De Guzman hopped up first, trotted over to Garner and extended a hand to help him up, but the Jamaican midfielder refused it. The Canadian offered once more, but again Gardner turned him down, then turned over and stood up on his own.

The message from Gardner was clear.

This wasn't a friendly. This was a scoreless tie in a World Cup qualifier.

This was for real.

De Guzman, whose mom is from Jamaica, made a statement of his own two minutes into the second half, when his left-footed drive skidded along the turf, past Jamaican goalkeeper Donovan Ricketts and into the corner of the net.

But Canada couldn't capitalize on the goal, and five minutes later gave up the equalizer in a game that ended 1-1.

The announced crowd of 21,978 was among the largest ever at the perpetu-



Canadian Adrian Serieux flies to the ball behind Deon Burton of Jamaica at BMO Field last night. The game ended in a 1-1 draw.

ally sold-out BMO Field, and though slightly outnumbered, the Jamaican supporters matched Canada's fans in both passion and volume.

The draw gives each team a single point as they open the group stage of CONCACAF World Cup qualifying. Canada next faces Honduras Sept. 6 in Montreal, four days before travelling to Mexico for another qualifier.

Five minutes after the opening goal, Jamaica's An-

drew Williams curled a corner kick toward Canada's net. Canadian keeper Pat Onstad couldn't catch it cleanly and the ball bounced off his hands and into the net. Onstad was charged with an own goal. Late in the second half, Canada had several good chances for a game-winner but couldn't score.

In the 71st minute, Ricketts pulled made a pair of outstanding saves on Dwayne De Rosario and Tomasz Radzinski. He did it

again, denying a Rob Friend header off a corner minutes later. De Guzman hit the crossbar in the 87th minute with a long-range rocket. De Rosario had an open net but had his shot blocked by a desperate defender in the 90th.

Canada will close this round of World Cup qualifying with a visit to Jamaica in November. In between they'll play home-and-home series against Mexico and Guatemala.

TORSTAR NEWS SERVICE

Rams' Jackson to end holdout

St. Louis Rams running back Steven Jackson, left, is expected to end his lengthy holdout. The club's web site cited team sources close to the situation as saying Jackson would return and take a physical on this morning. Jackson is searching for a long-term contract extension from the club with negotiations expected to resume upon the running back's arrival.

METRO NEWS SERVICES

Esks offence looks to solve 'Riders D

ROBIN BROWNLEE
for Metro edmonton

CFL They couldn't run the ball. They couldn't throw it deep. And they didn't finish.

Aside from that, the Edmonton Eskimos had the defence of the Saskatchewan Roughriders figured out when they met June 28 in Regina and came out on the wrong end of a 34-13 score.

Suffice to say, the 4-3 Esks know they have to be sharper when they've got the ball tonight in the rematch at Commonwealth Stadium if they intend to turn the tables on the 6-1 Roughriders.

Knowing it is one thing. Doing it is another.

"It may come down to who executes the best," said head coach Danny Maciocia.

"We've got to be more efficient in the red zone this time for us to win the football game. I thought we did a great job throwing the ball against them last time, but we need to be more productive."

The Esks had reasonable success moving the ball, but their inability to capitalize inside the 20-yard line cost them as the Roughriders scored 17 straight points to break open a 17-13 nail-biter.

With just 59 yards rush-

"We've got to be more efficient in the red zone this time for us to win the football game."
Danny Maciocia

ing, the Esks relied on the arm of Ricky Ray. He picked away for 249 yards, but didn't stretch the Saskatchewan defence. Outside a 34-yard pass to Jason Tucker, the Esks didn't have a completion longer than 15 yards against a Saskatchewan defence that's allowed just seven passing touchdowns this season.

"They're a very solid defence," Ray said. "They do a lot of things up front. They keep you off-balance and they definitely do some things on the back end."

"They have a very aggressive front-seven. They've got a lot of different looks up front, a lot of different blitzes. They don't give you the same look."

SHORT YARDAGE ... Edmonton safety Trey Young has an ankle injury and will not play ... with rookie defensive tackle Jim Davis nagged by an upper body injury, the Esks have signed eight-year CFL veteran Clinton Wayne.

Griffey ties Sosa on home run list

MLB Chicago White Sox slugger Ken Griffey Jr. struck his 609th home run against the Seattle Mariners yesterday to tie Sammy Sosa for fifth place in the all-time list.



Ken Griffey Jr.

REUTERS

Sports in brief

MLB The Washington Nationals acquired infielder Anderson Hernandez from the New York Mets yesterday. The move completes a trade that sent Luis Ayala to New York.

METRO NEWS SERVICES

Pettitte leads Yankees past Jays

Yankees 5 Blue Jays 1

MLB Andy Pettitte was dazzling on the mound and Derek Jeter had three hits, including a two-run homer, as the New York Yankees crushed the Toronto Blue Jays, 5-1, in the middle contest of a three-game set.

Pettitte (13-9) gave up just one run on five hits while fanning four over seven innings to get the win, which snapped a four-start winless streak for the lefty. Brian Bruney tossed two scoreless innings in relief.

"I really felt good with all my pitches," said Pettitte. "I felt like I was able to mix them up, I kept them off balance for the most part



Yankees starting pitcher Andy Pettitte lead New York to a 5-1 win over the Jays last night.

and got into a good rhythm."

Johnny Damon went 2-for-4 with an RBI and two runs scored for the Yankees, who have won three of their last four games

overall. Xavier Nady had a pair of hits and drove in a run and Jason Giambi added a sacrifice fly.

David Purcey (2-4) was saddled with the loss as he was touched for five runs on seven hits in four innings of work. Brian Tallet, Jesse Carlson and Jason Frasor combined to allow just three hits over the final five innings.

Alex Rios drove in the lone run for Toronto, which lost for just the second time in its last eight contests. The Blue Jays had five hits, none of which went for extra bases.

"I faced Pettitte a lot in my career," said David Eckstein. "When he has four pitches working, it's tough."

METRO NEWS SERVICES

SCOREBOARD

MLB		St. Louis	71 <td>58</td> <td>.550</td> <td>7%</td>	58	.550	7%			
		Houston	64	63	.504	13%			
		Pittsburgh	57	70	.449	20%			
		Cincinnati	56	71	.441	21%			
AMERICAN LEAGUE									
EAST DIVISION									
	W	L	PCT	GB					
Tampa Bay	77	49	.611	—	Arizona	65	60	52	—
Boston	73	54	.575	4%	L.A. Dodgers	64	61	51	1
N.Y. Yankees	67	59	.532	10	Colorado	58	69	.457	8
Toronto	65	61	.516	12	San Francisco	53	72	.424	12
Baltimore	61	65	.484	16	San Diego	48	77	.384	17
CENTRAL DIVISION									
	W	L	PCT	GB					
Chicago Sox	73	53	.579	—	YESTERDAY'S RESULTS				
Minnesota	72	54	.571	1	AMERICAN LEAGUE				
Detroit	62	65	.488	11%	N.Y. Yankees 5 Toronto 1				
Cleveland	58	67	.464	14%	Baltimore 11 Boston 6				
Kansas City	55	71	.437	18	Chicago White Sox 15 Seattle 3				
WEST DIVISION									
	W	L	PCT	GB					
L.A. Angels	77	48	.616	—	Cleveland 8 Kansas City 5				
Texas	63	65	.492	15%	L.A. Angels 5 Tampa Bay 4				
Oakland	57	69	.452	20%	Minnesota 3 Oakland 1				
Seattle	46	80	.365	31%	N.Y. Yankees 5 Toronto 1				
NATIONAL LEAGUE									
EAST DIVISION									
	W	L	PCT	GB					
N.Y. Mets	70	57	.551	—	Cincinnati 2 Chicago Cubs 1				
Philadelphia	68	58	.540	1%	Milwaukee 5 Houston 2				
Florida	65	61	.516	4%	N.Y. Mets 6 Atlanta 3				
Atlanta	56	71	.441	14	Philadelphia 4 Washington 0				
Washington	44	83	.346	26	St. Louis 11 Pittsburgh 2				
CENTRAL DIVISION									
	W	L	PCT	GB					
Chicago Cubs	77	49	.611	—	San Diego at Arizona				
Milwaukee	73	55	.570	5	Colorado at L.A. Dodgers				
					Florida at San Francisco				
					TODAY'S GAMES				
					AMERICAN LEAGUE				
					Kansas City at Cleveland, 10:05				
					N.Y. Yankees at Toronto, 5:07				
					Minnesota at L.A. Angels, 8:05				
					Oakland at Seattle, 8:10				

NATIONAL LEAGUE		Cincinnati at Chicago Cubs, 12:20	
		Colorado at L.A. Dodgers, 1:10	
		Florida at San Francisco, 1:45	
		Washington at Philadelphia, 5:05	
		Atlanta at N.Y. Mets, 5:10	
		San Diego at Arizona, 7:40	
CFL			

NATIONAL LEAGUE
Cincinnati at Chicago Cubs, 12:20
Colorado at L.A. Dodgers, 1:10
Florida at San Francisco, 1:45
Washington at Philadelphia, 5:05
Atlanta at N.Y. Mets, 5:10
San Diego at Arizona, 7:40

CFL
WEST DIVISION
Saskatchewan 6 1 0 12
EDMONTON 4 3 0 8
Calgary 4 3 0 8
B.C. 4 3 0 8

EST DIVISION
Montreal 5 3 0 10
Toronto 3 5 0 6
Hamilton 2 6 0 4
Winnipeg 2 6 0 4

WEEK 9
TONIGHT'S GAME
Saskatchewan at EDMONTON, 7
TOMORROW'S GAME
Calgary at B.C., 8:30

BASEBALL
GOLDEN BASEBALL LEAGUE
GAMES FEATURING THE
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LAST NIGHT'S GAME
Reno at EDMONTON
TONIGHT'S GAME
Reno at EDMONTON, 7:05

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Back^To School



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SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Head of the class

RAFAEL BRUSILOV
for Metro Canada

The start of the school year is almost here, so it's time to make sure your wardrobe isn't stuck in last year's classroom regalia.

GAP Inc. spokesperson Tara Wickwire says polo shirts are more prevalent than ever this season, with jumpers and graphic T-shirts similarly popular. A layered look is key — remember to mix and match different pieces of clothing effectively to create a look that combines different colours with patterns like plaid and argyle.

"Take advantage of the opportunity to express your individual style," she said.

As for younger students, Wickwire says the line is blurring between generations. "A lot of trends we see for adults are

reflected in kids' fashion," she said.

Girls are moving away from re-

veal-



A layered look from Old Navy: Women's sweater vest, \$24.50; roll-sleeved dress shirt, \$24.50; denim mini skirt, \$25.50; and preppy punk tie, \$19.50.



LEFT: V-neck Henley top, \$14.50; and Capri pants, \$19.50. RIGHT: Solid rugby top, \$16.50; ribbed tank top, \$9.50; and rugby skirt, \$15.50. All girls' items available at Old Navy.

ing clothes and embracing the colourful, relaxed style of hit TV shows like *Gossip Girl*, Wickwire says.

"For girls, we're seeing a Bohemian trend with floral print dresses, cord pants, berets and bright shades. It's a refreshing change," she said.

Robin Keeler, fashion director at the Yorkdale Shopping Centre in Toronto, suggests being picky about colours to keep your wardrobe focused.

"Stick with a few colours — don't have every colour in the rainbow in your wardrobe. You can mix and match a few colours easily to maximize the wardrobe," Keeler said.

Denim jeans and zip-

An affordable back to school look from Old Navy: Tie, \$19.50; short-sleeved dress shirt, \$19.50; and cotton sweater vest, \$19.50.

front hoodies are staples that won't go out of style anytime soon and can fit into just about any look. Blouses and cardigan sweaters are also hot this season.

"Cardigans are very, very hot. If they're oversized, they're really comfy and warm. You can wear them with a skinny belt for a very cute look," Keeler said.

For the guys, everything starts with a pair of relaxed-fit jeans. Cargo pants are also a great choice and graphic T-shirts are always in style. Particularly hot this season: Leather jackets are making a comeback due to their versatility.

"A great leather jacket is something you can get a lot of wear out of," Keeler said.

Hoodies are an even greater fashion piece for

guys as they always look good on men and happen to be highly functional, Wickwire said.

Don't let your wardrobe stress you out though, Keeler says. Check your closet thoroughly and only spend big bucks on things you know you'll use often.

"See what still works, so you know what trendy pieces you have to work with and prioritize what items you need to get. Spend the most money on things you'll wear the most," Keeler said.

This look incorporates one of this season's hottest items: The leather jacket (\$227 at Bebe).



Hoodies — like this yarn dye stripe knit hoodie, which is \$29.80 at Urban Behavior — are hot items for back to school.

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The Nokia 5310 XpressMusic mobile phone, left, is small enough to fit in a pencil case. Features include a music chip that provides 18 hours of music and a video recorder. Available at Rogers Wireless for \$69.99 with a three-year term. **METRO NEWS SERVICES**

Getting in gear

Items aimed at students include laptops, cameras

RICK MCGINNIS
Metro Canada

Dell Inspiron 1525 laptop (\$499.99-\$999.99)

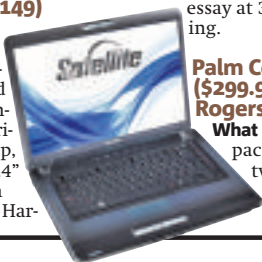
What is it? Dell's student-priced laptop, with a 15.4" widescreen LCD and anywhere from an Intel Celeron 540 chip to a Core 2 Duo T7250. Also, some flash graphic designs on the lid and a MacBook-inspired matte silver finish.

What works? College life today is about travelling light, and since you don't want to be hauling a DVD player into residence, the 1525 has an HDMI port to output to an HD screen. Not that its regular screen is shabby — easy to view from most angles without greying out its blacks, it's a fine movie and gaming PC.

What doesn't work? It's a heavy beast — weighing in at 6 lbs. at its lightest configuration — and the speakers are weak; you'll need headphones or accessory speakers if anyone more than a couple of feet away is going to hear anything. Also, no pre-installed MS Office suite — you're going to have to spend extra to use it to write essays.

Toshiba Satellite A300 laptop (\$849-\$1,149)

What is it? A glossy black laptop based around Intel's Centrino duo chip, with a 15.4" widescreen LCD and a Har-



mon Kardon sound system.

What works? Fully-featured, with MS Office and an HDMI output for movie nights, it's a fast machine thanks to the Centrino chipset, and its relatively tiny speakers push out impressive sound.

What doesn't work? Viewing angles on the LCD screen are tight and blacks glare out at the edges of the image if you aren't dead centre.

Kodak ESP3 all-in-one printer (\$129.99)

What is it?

The low end of Kodak's all-in-one consumer printer/scanner line, a compact, low-profile unit meant for the home office.

What works? Kodak's makeover of its product line has resulted in a slick little black unit in a market filled with clunky off-white boxes. Setup is quick and tidy, and all of the ESP3's functions are easy to access. Add Kodak's low-price inks and you've got a lot of bang for the budget.

What doesn't work? It might look sleek, but it's loud — you'll definitely wake up your roommate if you try to print off your essay at 3 in the morning.

Palm Centro (\$299.99 with Rogers)

What is it? A compact cross between a media cellphone and a PDA

meant for text-happy youth with a touch screen interface.

What works? The Palm OS is simple and intuitive, and the full QWERTY keyboard will make messaging suddenly effortless for anyone used to texting on a numerical keypad. Think of it as a PDA with training wheels — and easy Facebook accessibility, which is not something your average BlackBerry user looks for.

What doesn't work? The keyboard is tiny, but when you graduate to a full-sized PDA phone you'll feel like you've left the woods for wide open spaces. Touch screen functionality is partial — you'll need to click and select. And would it have hurt to have a couple of games? No Minesweeper, never mind Solitaire.

Olympus E-420 digital SLR with 14-42mm zoom lens (\$579.99)

What is it? Olympus' entry-level digital 10 megapixel SLR, with a compact wide-to-standard zoom.

What works? For some reason, there are more and more young people walking around with SLRs around their necks, seemingly having graduated from pocket-sized

point-and-shoots in search of more control over their picture taking. The E-420 is a good place to start — light and compact, but with a decent set of SLR features.



Controls are well-placed, and anyone used to snapshot camera kludginess will feel liberated by the responsiveness of a real SLR — it's a great first camera for photo students, with access to Olympus' fantastic range of lenses.

What doesn't work? The control wheel on the top can only do so much — you'll need to dig into the menus to disable the automatic flash, for instance, if you want to work in available light; a "flash off" button, found on most point-and-shoots, would have been nice. SLRs add options, but some could have been more upfront.

Panasonic Lumix DMC FS3 digital camera (\$199.99)

What is it? A solid little budget snapshot camera with a smashing little Leica lens on the front and an 8.1 megapixel chip and a 2.5" LCD screen.

What works? Panasonic's Intelligent Auto picture mode is smart and flexible, and handles low light situations with relative ease. The screen is bright and sharp, and the shooting modes — including a 16:9 panorama — useful for scenic shots when travelling.

What doesn't work? While most camera makers are moving toward minimal interfaces, Panasonic still packs their cameras with buttons and switches, which can make for clumsy handling on such a tiny camera. The



Hot accessories

Here's a word to Google: Monopoly. It's more than a game, and while a lot of people will say it's a bad thing, at least you don't have to worry about half a dozen competing word processing programs — Microsoft Word stands alone in its field, and your profs won't appreciate you handing in your term paper in Lotus Word Pro. The **Office Home and Student suites for Mac** (\$199.95) or

Windows (\$99.99) has Word, in addition to Excel and PowerPoint. The Mac version also includes Entourage and Messenger, while the Windows version adds OneNote.

Microsoft also makes a wide range of quality peripherals, including the **Wireless Notebook Optical Mouse 3000** (\$49.99), a compact unit that stores its wireless dongle in its base when not in use. It's a worthwhile investment if you want to make it to your junior year without a hand that persistently hovers, bent at the wrist, in front of your chest, the result of thousands of hours jabbing at your laptop's touchpad.

There are a lot of laptop bags on the market, most of which look like the sort of nasty stuff hippies drag into hostels all over Europe. Belkin made its name with stylish computer peripherals and accessories, and their computer bags are clean and stylish and come in a variety of colour combinations. The **Slim backpack** (\$49.99) and the **Ceylon messenger bag** (\$49.99) sport at least a dozen useful pockets for everything from pens (yes, you still need them) and mp3 players without looking like an old pair of cargo pants.

— RICK MCGINNIS



easy zoom button, while useful — it quickly snaps the lens into a close-up —

is close enough to the shutter to get tapped while framing a shot.

Smaller, better music gadgets make the grade

RICK MCGINNIS
Metro Canada

Once upon a time, move-in day at university residences meant sweating parents helping their kids lug milk crates of records and/or dense boxes of CDs up worn stairs to their rooms.

The digital age has made that image as quaint as glee clubs, and those ponderous and heavy music collections can be stored on mp3 players the size of a deck of cards. Count

yourself lucky, you perfidious little music thieves.

Belkin's line of iPod and mp3 accessories includes the **TuneTalk** (\$69.99), a quality stereo microphone attachment for nearly every model of iPod that lets you record lectures directly onto your player and download them onto your computer, elegantly replacing a voice recorder in your bag. That's one less thing to carry around, forget or lose — a big plus in an age when the student lifestyle resembles nothing so much as a well-subsi-



The RockStar, by Belkin.

dized hobo.

Belkin also makes the **RockStar** (\$19.99), a simple but handy device that lets you and up to four friends listen in on your playlists, or mix between the two by subtracting one pair of

headphones and plugging in another player with the added cable.

Microsoft's Zune encourages musical networking with its Social online software that allows Zune owners to connect around their musical tastes. It began as a punchline, but Seattle's challenge to Apple's iPod became a solid piece of hardware by its second generation — though Zune's software still has limitations compared to iTunes, the players are actually more solid and reliable than the iPod.

The Zune 8 GB player (\$179.99) is

Microsoft's nano, with a smoother interface and better sound. And since stereo wars are still thriving in residences, you might want to invest in the **Zune Home A/V Dock** (\$79.99), which connects your player to any sound system or TV and has a remote that's also a lot more usable than its Apple counterpart. The marvel of noise-can-

celling headphones isn't just that they work, but that they work so well. Panasonic's

RP-HC500 headphones (\$199.99) silenced a construction site and a bustling food court at lunchtime to a hushed whisper while delivering rich, detailed music — something to think about when you're needing refuge from your roommate's beery hooking up in the other room every weekend.

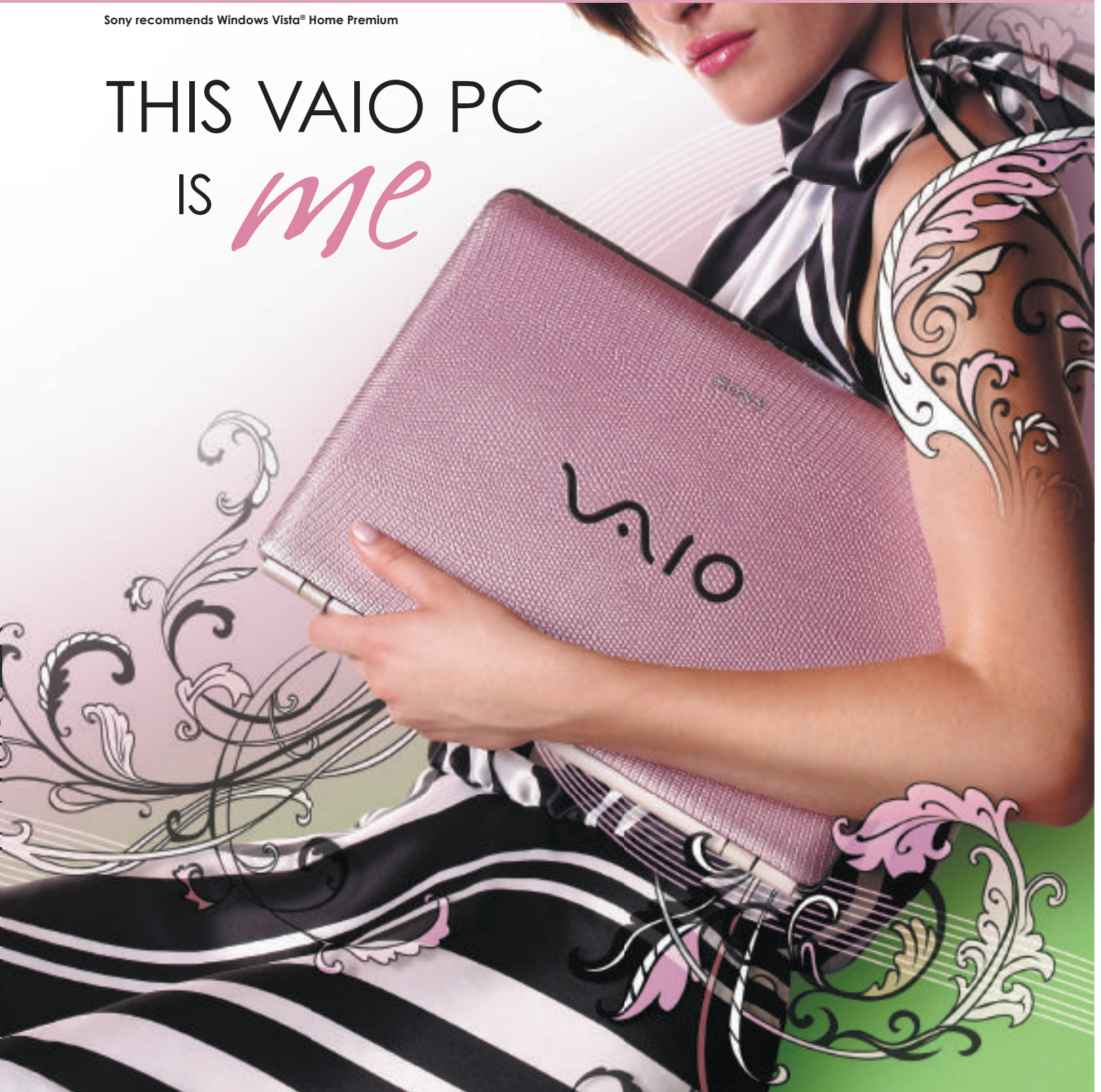


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Lunch snack

Healthy lunches possible

Preparation key in getting kids to eat right at school

RAFAEL BRUSILOV
for Metro Canada

Back-to-school season means more meals eaten on the move, but good nutrition doesn't have to feel like homework at all.

Laurie Gelman and Catherine Marion, co-hosts of The Mom Show on the Slice network, suggest a balanced diet that touches on all the food groups is important and processed food should be avoided whenever possible.

"People eat so much processed food — it's been the bane of 21st-century existence," says Gelman. "You wouldn't put crappy gas in your car, so don't put crappy food into your body!"

Marion says to avoid cold cuts, which can be extremely high in salt and usually include large quantities of preservatives, and deliberately make enough

home-cooked meat to have leftovers for later.

"Instead of cold cuts, take ham, roast beef or chicken and make extra to put on sandwiches," Marion said.

You don't have to eat like a monk all the time, however. A little indulgence, such as a piece of dark chocolate, can go a long way.

"Don't deprive yourself. You don't want to hate lunch," Gelman said.

Regardless what you eat, the most important thing is to make sure you're not eating too much of it either.

"Portion control is always

"Don't deprive yourself. You don't want to hate lunch."

Laurie Gelman

a big one. Your body doesn't realize it's full until 20 minutes after eating. Eat slowly because you'll end up eating less. My theory is: Unlimited fruits and vegetables, everything else in moderation," Gelman said.

To help kids keep a healthy eating regimen during the school year, preparation is key because you don't want bad food choices to be easier and more convenient than good ones.

"If something needs to be peeled, they won't choose

Whole wheat breads can keep meals interesting for kids, nutritionist Ali J. Chernoff suggests.

it. The best strategy is to have the fridge and cupboard stacked with healthy things like tons of fruits and veggies, but they have to be ready and prepared," Marion said.

Nutritionist Ali J. Chernoff suggests getting your kids involved in choosing and preparing meals to maximize their enjoyment of good food.

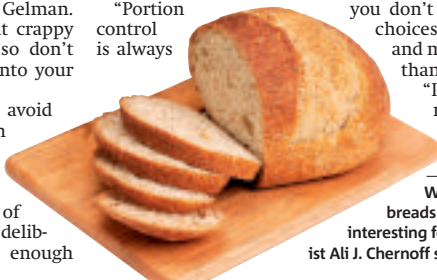
"If the kids are old enough get them involved in food preparation, from grocery shopping to making their own lunch. This way you're guaranteed they will eat because of their input," Chernoff said.

Kids love dipping things, Chernoff says, and you can make scrumptious, healthy dips by mixing vanilla yogurt with some cinnamon or combining dehydrated soup mix with plain yogurt. Make sure to include a variety of breads like pitas, whole wheat buns, seedy breads or high-fibre crackers to keep meals interesting, Chernoff said.

SUE TV PHOTO



The Mom Show co-hosts Catherine Marion, left, and Laurie Gelman say processed foods should be avoided whenever possible.



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Metro Homes

Rotate artwork

By changing where your pictures are situated, you change the feel and mood of a room instantly. Imagine what your living room would look like if you exchanged the landscape painting over the fireplace with a large black and white candid photo of you and the family, or moved the photographs on the table to the stairwell? HGTV.CA

Making clutter visible

OrganizedZone

Brenda Borenstein



metro@organizedzone.com

You probably think that cluttered people are lazy, ignorant and disorganized. It's a common misconception. In fact, the opposite is generally true.

I find that clutterbugs often have a specific area of their living space that's micro managed in such minute detail you would not believe it.

This area is their pride and glory. They're perfectionists about it. They spend so much time on de-

tails, in fact, that they don't have time to look at the whole picture.

When I'm trying to help such folks, I usually say, "Perfect comes later. Getting it done comes now."

I recently had a fun elderly client who is an avid viewer (and customer) of television shopping channels.

She lives in Florida for six months each year, so when she sees something for sale on television that she likes she buys two of it — one for her home in Canada, and one for her home in Florida.

She was frustrated because she was unable to use her living or dining rooms due to invasion of the shopping channel boxes. Her actual living space was limited to the kitchen, washroom and bedroom

and her walker barely fit through. Her apartment in Florida didn't have room for any more stuff either.

She jokingly suggested tossing a match onto it all. But I told her there was another way out.

Trouble was, she didn't remember what she had bought. And she couldn't see what she had bought, since it was still in the cardboard boxes.

So we had to make it visible.

We unpacked, recycled and sold many items online. Now she can actually move around her home in Canada, and make her annual trek down to Florida without being weighed down.

Brenda Borenstein is your professional organizing guru. Her column appears every second Thursday. Visit organizedzone.com.

Achieving great sound in your outdoor space

ArrestingDesign

Jeffrey Fisher & Tammy Schnurr



busted@arrestingdesign.com

You've got the barbecue fired up, and you're relaxing in your gorgeous backyard with a drink and a couple of good friends. But wait — where are the tunes?

Your outdoor space isn't complete without music, but please don't get mighty speakers that show off their heft like a Harley.

We like good-looking, unobtrusive outdoor speakers that blend in with the décor — after all, these pieces of hardware should be heard but not seen. (We don't like speakers on a table for the same reason. No matter how high quality, they're not a centre-piece.)

So avoid contrasts that draw attention to the speakers. Mount them in a discrete location under the eaves; on an outdoor wall above a deck or patio; or from a porch ceiling, for instance.

Algonquin speakers produced by Dwight, Ont.-based Axiom Audio are designed to blend in with your walls, stucco or soffit colours.

They come in a series of tough, automotive-style enamel finishes, namely Arctic White, Almond Bisque, Cape Cod Grey and Spiced Rum.

And if these colours don't match your outdoor walls or porch ceiling, you can bring in a sample of what you wish to match and the company will replicate it for an extra \$59.

When you're positioning outdoor speakers, you should also take Mother Nature into account — the



Algonquin speakers by Axiom Audio, axiomaudio.com, come in a range of colours so they blend in seamlessly with outside décor. For an extra fee, Axiom can also do a custom colour match.

Mounting outdoor speakers

Ian Colquhoun, president and chief designer of Axiom Audio, axiomaudio.com, offers the following advice on positioning speakers to get the best sound:

- Mount stereo speakers in a triangular pattern if possible, so listeners are flanked diagonally by speakers.
- The distance between

speakers — and between listeners and speakers — should range from eight to 15 feet.

- Do not mount speakers facing each other.
- Do not mount the speakers on separate sides of the house — they're stereo speakers that are both required to send the full sound spectrum to your ears.

devices are weatherproof, but where possible it makes sense to mount them somewhere that's sheltered from heavy rains, high winds and excessive snow accumulation.

You'll also want to consider that when you're lounging outdoors, you won't want to traipse indoors to turn up the volume, so remember to install controls outside the house (i.e. in addition to those on the indoor stereo system).

You can either put a volume control box somewhere on the outdoor part of the line, or invest in a remote controller, which lets you turn the unit on or off, change the volume or switch stations.

Keep in mind that poor quality, tinny-sounding

speakers can ruin the whole appeal of listening to music while sitting on the deck or porch.

If you're not sure about the quality of the sound, simply listen and compare them with other speakers. Do you hear a range of sounds from the deepest bass to the highest frequencies? Are you hearing crystal clear sounds that sound true to life, or a muddled reproduction? Your ears will let you know.

Budget is also an issue. You can get a set of speakers for \$100, but Colquhoun thinks it is "pretty close to impossible to get good sound" out of speakers in this price range.

Tammy Schnurr and Jeffrey Fisher are hosts of Arresting Design on W Network.

Do you have psoriasis on your face?

Do you know someone who does?



Psoriasis is a life long skin disease that causes dry, red scaly patches (called "lesions") on the skin. FACIAL PSORIASIS most often affects the eyebrows, the skin between the nose and upper lip, the upper forehead and the hairline.

Right now, a local dermatologist is looking for volunteers to participate in a facial psoriasis research study involving an investigational treatment.

If you or someone you know is 18 years of age or older and suffers from facial psoriasis, please contact **Stratica Medical** at:

780-497-7652

**Dr. Norman Wasel, Dermatologist
Edmonton**

Another tomato tip?

Here's a tip from Cook's Illustrated Magazine to lengthen the life of tomatoes that do not have a stem attached: Store tomatoes stem-end down at room temperature — this prevents air from entering and moisture from exiting its scar (left from where the stem once grew). Who knew? **METRO NEWS SERVICES**

Food

"A ripe field tomato should be firm, not rock-hard, and have a slightly supple quality to its surface; it should feel heavy for its size."

Barb Holland/for Metro Canada



Don't worry

The occasional small surface cracks at the bottom of a tomato won't affect its quality.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

Timeless Heirloom tomatoes

À la carte

Barb Holland

Metro Food Writer



The buzz is all about Heirloom tomatoes. Found in farmers' markets and roadside farm stands, they come in a range of colours (red, brown, yellow, purple, white and bi-coloured), texture and size (from pea size to quite large). Heirloom tomatoes are from seeds carefully preserved and passed down over decades, keeping their character and flavour intact. Heirloom or not, locally grown field toma-

atoes remind us what tomatoes are supposed to taste like. As a kid, the first ripe tomatoes of the season would be sliced, slathered with mayonnaise and put between two slices of squishy white bread. (It was about the tomato, not the bread.) My tastes are now somewhat more sophisticated as I devour bruschetta while tomatoes are in season.

Bruschetta

Is so easy it doesn't really need a recipe but here are a few tips to pass along. Have fabulously flavoured ripe tomatoes, good quality olive oil, good bread and fresh basil. I also like to soften garlic in the microwave for a few seconds to take off the raw

edge.

METHOD:

Dice 2 to 3 (depending on size) ripe tomatoes and place in a colander. Sprinkle lightly but evenly with salt and let drain in sink for 15 to 20 minutes. Gently stir occasionally.

Meanwhile, slice good quality ciabatta or other rustic artisan bread and grill until toasted on both sides. Rub one side with sliced raw garlic and cut into manageable sizes.

Mince fresh garlic (1 clove to 2 to 3 tomatoes) and place in small microwaveable bowl. Add 2 to 3 tbsp (30 to 60 mL) good quality extra virgin olive oil. Microwave 20 to 30 seconds — do not boil (about 10 seconds/tbsp oil). Transfer tomatoes to a bowl. Add oil and garlic,



Locally grown field tomatoes remind us what tomatoes are supposed to taste like.

chopped fresh basil (about 1 tbsp/15 mL per tomato) and salt and pepper to taste. Top bread with tomato mixture and serve immediately.

Tips:

• There are hundreds of varieties of tomatoes from tiny currant, cherry, grape tomatoes to large beefsteak that can weigh up to

a kg. The larger tomatoes can be categorized into three main types:

Round (slicing/table) are medium-sized, globe-shaped that are ideal for eating raw.

Roma or Plum are plum-shaped, thicker-fleshed and less juicy than the Round variety. These are a good choice for preserving, sauces and cooking.

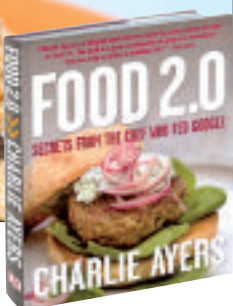
Beefsteak are large juicy tomatoes good for slicing into salads and sandwiches.

• Good for you: One medium tomato has 25 calories and is a very good source of fibre, Vitamin A, Vitamin C, Vitamin K, potassium and manganese.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.



This recipe is excerpted from Food 2.0: Secrets From The Chef Who Fed Google, below, available in hardcover from Amazon.ca for \$17.64.



Googling 'great food'

In a cutting edge cookbook for the Internet generation, Google's legendary founding super-chef, Charlie Ayers, tells you everything you need to know about the newest nutrition buzzword: Brain food. Raw, organic, and fermented is Ayer's mantra. DK Publishing offered Metro this recipe from Food 2.0: Secrets From The Chef Who Fed Google:

Coconut-Oatmeal bars with Chocolate Chips
Pack these in your bag and eat them on the way to work.

INGREDIENTS:

- 60g (2oz) unbleached plain flour
- 1/4 tsp baking powder
- 1/4 tsp fine sea salt
- 115g (4oz) rolled oats
- 115g (4oz) unrefined light brown sugar, lightly packed
- 60g (2oz) dried, unsweetened, desiccated coconut
- 60g (2oz) bittersweet or semisweet chocolate chips
- 85g (3oz) unsalted butter, melted and cooled to room temperature
- 1 large egg, lightly beaten
- 1/4 tsp natural vanilla extract

METHOD:

Preheat the oven to 180°C (350°F/Gas 4). Light-

ly oil an 8in (20cm) square baking tin and set aside.

Sift the flour, baking powder, and salt into a mixing bowl. Stir in the oats, brown sugar, coconut, and chocolate chips. Stir together the melted butter, egg, and vanilla, then add to the flour mixture and stir just until blended.

Avoid mixing more than needed. Transfer to the prepared pan and level the surface.

Bake until slightly risen, golden, and just firm to the touch, about 25 minutes. Put the tin on a rack and let cool before cutting into triangular or rectangular bars or squares.

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What you wear may be just as important as what, and who, you know to getting up the career ladder, according to a leading Australian fashion and marketing consultant Serena Beirne. She says employees should think of themselves as products and "package" themselves to sell well. **REUTERS**

Style



Nivola to star in Coco biopic

Alessandro Nivola, left, will star opposite Audrey Tautou in the Coco Chanel biopic *Coco avant Chanel*. Anne Fontaine is directing the French film. Nivola, who is learning French for the role and likely will be the only American in the feature, will play Chanel's lover Arthur Capel, a dashing polo player who sponsored the fashion designer, helping her open her first store and influencing her masculine suit designs. His death in an auto accident was described as the most devastating event in Chanel's life. **REUTERS**

FASHION EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Violet femmes

This royal hue is hot for the fall fashion



Fall for purple this season. Left to right: Clutch purse, \$90, Nine West; Revlon Line Fantasy Cream Eyeliner in Plum, \$12.95, at mass retailers and drugstores; Kenneth Jay Lane bracelet, \$135, Holt Renfrew.



When her husband claimed the Democratic presidential nomination, Michelle Obama chose to wear her signature pearls with a simple sheath dress — which was a rich purple colour.

Across the pond, another woman behind a powerful man, First Lady of France Carla Bruni Sarkozy, also displayed a penchant for this plummy colour. For a state dinner at Elysée Palace, she wore a purple Hermès gown and she wowed the British public in a rich grape-coloured Dior coat when she arrived at 10 Downing Street for a state visit earlier this year.

"I do think that purple is the perfect symbolic choice for both women," said Renee Labbe, director of the Canadian division of Promo-Styl, an international trend and colour forecasting agency. "Like silently saying they are already royalty — worth a presidency."

Even young starlets in Hollywood have clued in that when it comes to the power of colour, purple reigns. Blake Lively, the actress on *Gossip Girl*, one of

PHOTOS BY TANNIS TOOHEY/TORSTAR NEWS SERVICE



Above: David Dixon tricoloured boots, \$175, Town Shoes; Rimmel's Play Fast nail colour in Night Before, \$4.95, available at most drugstores.

Trench coat, \$240, Banana Republic.

the hottest television shows right now, has been spotted soaking up ultraviolet vibes.

And, come fall, a full range of shades of this berry colour, from lilac to aubergine, is proving to be a hot hue in accessories and makeup.

"Purple amethyst is one of a few 'gem stone' shades

trending at the moment," says Labbe. "Many chose to use it as a luxury shade, bouncing off its origins as a royalty colour but others, such as mass retailers, chose to use it as an 'energy' colour."

Throughout history, power players have always shown a passion for purple.

TORSTAR NEWS SERVICE WITH FILES FROM METRO NEWS SERVICE

Layer with this season's cardigan

Style File

Kim Elbo



kim.elbo@metronews.ca

ask kim

I bought a pair of shoes but they are bit tight. What can I do to stretch them out?

Only shoes made out of natural fibres like leather and suede can be stretched. Try asking a shoe repair shop if they can stretch your shoe out, but you may have to leave your shoes for an overnighter.

E-mail your style questions to kim.elbo@metronews.ca.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.



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Read more online at metronews.ca

For more on this week's Kim Elbo StyleFile picks, please visit metronews.ca.

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*Displayed fare corresponds to the Edmonton - Caracas route.



A few more copies of Jonas Brothers' A Little Bit Longer

Boy-band rock trio the Jonas Brothers topped the U.S. album chart for the first time, selling 525,000 copies of their third full-length release, *A Little Bit Longer*, for the week of Aug. 17. It's the third-highest sales figure of 2008. **REUTERS**

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Cyber-ninja finds her anime nirvana

VICTORIA HANDSIDES
victoria.handsides@metronews.ca

FRINGE If all Fringe productions were personified, Anime would be living tissue over metal endoskeleton.

This locally written and produced live-action anime play, which runs until Aug. 23, is nothing short of amazing. The lengthy, meticulous production synchronizes and balances all sensory elements, including Japanese drumming and choreography.

The story is simple, with time-honoured messages buried beneath a shiny exterior and the odd, necessary ninja throwdown.

Tsuka, an astonishingly attractive half-machine, half-human female, is on a quest to define her existence in the underground world of futuristic Tokyo.

After seeing first time Fringer and virgin actress Helen Yoneda bring Tsuka to life, it was hard to resist tapping on her skull, expecting to hear a metallic "CLANK."

"Tsuka is a cyborg with a human mind, and her creator has made a new technology, which could liberate her mind and give her *Keinmoundo*, or enlightenment," said Yoneda.

Without revealing if or how characters in the play achieve anime nirvana, the play's recurring themes of fearlessness and surrender are easy even for unrefined theatrical minds to grasp.

"It's about putting trust that whatever is happening in the world is on course," Yoneda said.

My Fringe foray into drag ... and I liked it!

ANDREAS MORSE
for Metro Edmonton

It doesn't take much to please me: Air-conditioning when it's hot, a venue that serves beer and three of the funniest drag queens I have ever seen.

OK, I admit, that might not be saying much, seeing as Monday night's performance of *Our Roots are Showing* was my first foray into the world of falsies.

And I liked it! Every year at the Fringe, producers *Guys in Disguise* take over the popular Lucky 13 on Whyte Ave. and some of Western Canada's best drag queens perform to packed houses.



The three Queens: Twiggy, Justine Tyme and Mr. Devon Mills.

Real cross-dressing aficionados tend to look for something more than just

men dressed as women — maybe more like Priscilla, Queen of the Desert — and on Monday night, the aficionados had their way.

Our *Roots are Showing* is an old-style drag revue, a throwback to the drag lounge acts of the past.

The three queens — Calgary's Mr. Devon Mills, Vancouver's Justine Tyme and Edmonton's Twiggy — took turns lip-synching to anything from Broadway to Country Western music, in diva roles such as Reba McEntire, Julie Andrews and Marilyn Monroe.

They nailed every one of them and had me spitting my beer. At my first taste of drag, they honestly had me at Mamma Mia.

Our *Roots are Showing* runs until Aug. 23 as part of the Fringe Festival.



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50 Cent has overtaken Jay-Z to be named the Hip-Hop Cash King of 2008. The Candy Shop singer made a staggering \$150 million US in the last 12 months, according to Forbes. MUSIC-NEWS.COM

Hip-Hop Cash King

Thomas leads new music charge

Irma Thomas

Album: Simply Grand

Label: Rounder

Rating: ⓈⓈⓈⓈ

IT'S HARD TO BELIEVE that it took the music industry 45 years to finally give Irma Thomas the respect she has always deserved. But that's how long it took for the "Soul Queen of New Orleans" to finally bring home a Grammy. She won it for her 2006 album *After The Rain*. Her latest, *Simply Grand*, shows the kind of respect she's always had in New Orleans. Thomas delivers a dozen collaborations with some of the finest piano players anywhere including Dr. John, Randy Newman, Ellis Marsalis, Norah Jones, John Medeski, Marcia Ball, and David Egan. Each track is recorded acoustically, giving prominence to Thomas' rich voice and some masterful piano playing. There's not a bad track in the bunch. And there are more



CDReviews

music@metronews.ca

than enough moments of exquisite beauty — *River Is Waiting* with Henry Butler, *This Bitter Earth* with Marsalis, *Cold Rain* with David Torkanowsky and Newman's classic *I Think It's Going to Rain*. This album is, indeed, *Simply Grand*. **Graham Rockingham**

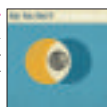
Ra Ra Riot

Album: The Rhumb Line

Label: Barsuk

Rating: ⓈⓈⓈⓈ

THERE'S SOMETHING odd about engaging in cheery chamber pop knowing that the person who co-wrote half of the material — drummer John Pike — accidentally drowned in the midst of the Syracuse, N.Y. group's 2007 tour. No coincidence that *Ra Ra Riot's* full-length debut is chock full of nautical and death themes. Yet rather than



wallow in mournful cello-and-violin-fuelled elegies, the band soldiers on in bouncy tuneful fashion as if to focus its energies more on celebrating life and survival. **Ian Nathanson**

Son Of Dave

Album: 03

Label: Sparks

Rating: ⓈⓈⓈⓈ

03 IS THE FOURTH solo offering from former Crash Test Dummies' multi-instrumentalist Benjamin Darvill (a.k.a. Son of Dave). Since the demise of the Dummies, Darvill's been doing a bizarre one-man-band schtick in the guise of a refugee from a '50s Chicago blues club. He's got a scary voice that grates like crushed glass behind his howling harmonica. Dark shades of Little Walter magic. Darvill can also set down more funk with guitar, voice loops and pedal drum than most plugged-in, four-piece boogie bands.



Ice Cube proves on his eighth studio album, *Raw Footage*, that he is still capable of channelling his gangsta attitude towards corporate and political types.

This is nasty roll-in-the-dirt stuff. Roots pigs will wallow in it ... with the exception, perhaps, of his cover of War's *Low Rider* (it must be a hoot to see live, but it just comes off silly on record). **Graham Rockingham**

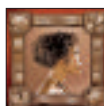
Divine Brown

Album: The Love Chronicles

Label: Warner

Rating: ⓈⓈⓈⓈ

LIKE JULY BLACK, Divine Brown is a Toronto R&B singer who has found her niche in retro stylings of '60s and '70s soul. What sets Brown (and Black) apart from the other young urban yodellers on the contemporary R&B circuit is the power and range of her voice. And, yes, it's good — at times reminiscent of Marilyn McCoo of the Fifth Dimension. All 12 songs are Brown originals with songwriting help from Canadian craftsmen like Ron Sexsmith (*Sweet Surrender*), and Colin Munroe (*I Need Your Love*). Brown is best when she



plays the retro stuff straight up, like on the opening single *Lay It On The Line*. There are times, however, when she pours it on a little too thick and the result comes a little too close to parody. There's also a couple of disco throwbacks here. Do we really need to revisit that era again? **Graham Rockingham**

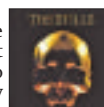
The Stills

Album: Oceans Will Rise

Label: Arts & Crafts/EMI

Rating: ⓈⓈⓈⓈ

MONTREAL ROCKERS The Stills haven't had an easy go of it since they released their debut in 2003. First pegged as Interpol rip-offs, their second album was so lacklustre that people nearly wrote them off. The band's third effort, which is filled with infectious, well-rounded pop songs, should quell the critics. Disc opener *Don't Talk Down*, has a fantastic jump-inducing beat, while *Everything I Build* is an engaging, atmospheric keyboard track that lightly recalls U2. De-



spite a couple of bland songs, this should be the disc that puts The Stills back on the map. **Bryan Borzykowski**

Ice Cube

Album: Raw Footage

Label: Lench Mob/EMI

Rating: ⓈⓈⓈⓈ

ABOVE SOME movie-stylized funk grooves, the former N.W.A. MC and actor is still capable of channelling his gangsta attitude towards corporate and political types on this eighth solo outing. But when you hear Cube railing about "My style never changed in 22 summers" and "... Don't worry 'bout money, boy, 'cos I got plenty" on *It Takes A Nation*, one has to question the 39-year-old's style of incessant n-bomb drops and endless rambling about feeding his family. **Ian Nathanson**



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• Visit metronews.ca for our review of *The Dandy Warhols*.

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No TV for French tots

France's broadcast authority has banned French channels from airing TV shows aimed at children under three years of age to shield them from developmental risks it says television viewing poses at that age.

METRO NEWS SERVICES

Putting the 'zero' in 90210

IntelVision

Rick McGinnis

rick.mcginis@metronews.ca

NOTHING TO SEE HERE, PEOPLE: The year in TV began in crisis with the writers' strike, so it's somehow appropriate that crisis — troubling rumours, sudden cast and setting changes, stories of battles on set and in the writers' room — are mostly what we're hearing from the handful of new shows currently in development and no small number of old ones.

It's a weird sort of win-win for the networks — they're getting press for their new shows without having to show anyone a minute of footage that would confirm or deny the anticipated monster suckage about to break over us with the first chill of fall.

Besides the misbegotten *Life On Mars*, the resuscitation of *Beverly Hills 90210*

has been a constant source of dismal rumour, which has been all that anyone has to go by, especially since the CW network's announcement earlier this week that, contrary to usual practice, it would not be previewing any of the new shows to critics in advance of its September premiere.

"We're not hiding anything," read the press release. "Simply keeping a lid on 90210 until 9.02, riding the curiosity and anticipation into premiere night, and letting all our constituents see it at the same time."

Roger Catlin, TV critic for the *Hartford Courant*, has his nose out of joint about this: "This year, using the excuse of the writers' strike, only CBS sent out a substantial number of their fall pilots," he wrote upon hearing of the 90210 embargo.

"Fox has been eking them out slowly. But there's been nothing from ABC but a second season opener for *Private Practice*, nothing from the CW and



Ashley Newbrough, left, and Kate Hale are in the new *Beverly Hills 90210*.

nothing from NBC (who added to the insult by showing the season premiere of *Heroes* at Comic Con but not at TV critics press tour the week before.)

With the deadline on fall preview pieces looming, Catlin and many other TV

critics are feeling anxious, having nothing to write about from the big four networks.

This critic, of course, feels no such anxiety — I see no reason to abandon standard practice of ignoring most of the new shows until at least one of them

starts getting a bit of viewer traction, upon which I'll download what I've missed from the Internet and write something that'll simply glow with brilliant hindsight.

Catlin, on the other hand, seems miffed at what feels like a broken

covenant between the networks and their attendant media: "The networks' growing contempt for the press translates into contempt for the consumers of the press — the public — who are looking for guidance through the usual thicket of new fall offerings each year."

To that end, he made a solemn pledge in his column yesterday to ignore 90210 in kind until he has something to actually watch.

This critic will go one step further, and pledge to extend my informal policy of ignoring a show that I had no interest in during its original incarnation to any and all further installments of the 90210 saga, at least until something really stupid happens and I have a perfect joke for the occasion.

Until then, I pledge that this column will remain 90210-free.

Rick McGinnis writes about music, movies, books and television, but not opera.

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ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2	CFRN 239 318	TMZ (N)	Jeopardy!	CSI: Miami	Jeopardy!	Wheel-Fortune	Flashpoint (HDTV) (N)	XXIX Summer Olympics (HDTV) (Live)	XXIX Summer Olympics (HDTV) (Live)	CSI: Crime Scene Invstgtn.	News (N)	
3	KHQ - 370	News	Raymond	CSI: Miami	Jeopardy!	Wheel-Fortune	Flashpoint (HDTV) (N)	XXIX Summer Olympics (HDTV) (Live)	XXIX Summer Olympics (HDTV) (Live)	CSI: Crime Scene Invstgtn.	Flashpoint (N)	
4	CBXT - 307	(4) XXIX Summer Olympics (HDTV) (Live)	Friends	Scrub	Big Brother 10	Ugly Betty (HDTV)	Two/Half Men	Two/Half Men	Your City	News Hour		
6	KREM - 372	News (N)	Friends	Biography "Hilary Swank"	Ugly Betty (HDTV)	Two/Half Men	Two/Half Men	Your City	News Hour			
7	CKEM 241 347	Friends	Entertainment	Big Brother 10	Ugly Betty (HDTV)	Two/Half Men	Two/Half Men	Your City	News Hour			
8	CTV 240 339	ET Canada	Entertainment	Big Brother 10	Ugly Betty (HDTV)	Two/Half Men	Two/Half Men	Your City	News Hour			
12	CBXFT 119 705	Chine	La Zone olympique (N) (SC)	Ugly Betty (HDTV)	Two/Half Men	Two/Half Men	Your City	News Hour				
13	KXLY - 371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	According-Jim	King of the Hill	'70s Show	The Simpsons	News (N)		
16	KAYU - 373	NFL Preseason Football: 49ers at Bears	EarthWatch One	Anderson Cooper 360 (HDTV)	News	CTV Newsnet	News	CTV Newsnet	News	Cooper 360		
19	CHTV - -	'70s Show	ET News	Zoe Busiek: Wild Card (N)	Frankie Laine-Dreamer	Globe Trekker (DVS)	Sherlock Holmes Mysteries	Globe Trekker (DVS)	News (N)			
22	KSPS - 374	NewsHour With Jim Lehrer	Globe Trekker (DVS)	Sherlock Holmes Mysteries	Globe Trekker (DVS)	News (N)						
24	WTVS - 364	Ask This Old	Michigan	CBC News: The National	EarthWatch One	Anderson Cooper 360 (HDTV)	News	CTV Newsnet	News	Cooper 360		
15	CBCL 502 -	CBC News: The National	EarthWatch One	Anderson Cooper 360 (HDTV)	News	CTV Newsnet	News	CTV Newsnet	News	Cooper 360		
21	TNN 505 398	(5) EarthWatch One	Anderson Cooper 360 (HDTV)	News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News	Cooper 360	
27	CNN 500 500	Larry King Live	Anderson Cooper 360 (HDTV)	News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News	Cooper 360	
44	CTVN 501 391	CTV Newsnet	Anderson Cooper 360 (HDTV)	News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News	Cooper 360	
70	BNN 504 508	Taking Stock	Anderson Cooper 360 (HDTV)	News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News	Cooper 360	
20	TSN 400 400	CFL Football Saskatchewan Roughriders at Edmonton Eskimos. (HDTV) (Live)	Anderson Cooper 360 (HDTV)	News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News	Cooper 360	
23	net 408 418	MLB Baseball	Sportsnet Connected	Saturday Night Poker	Pinks (HDTV)	Pass Time	Pinks -- All Out	Pinks -- All Out	Pinks -- All Out	Pinks -- All Out	Pinks -- All Out	Pinks -- All Out
47	SPEED 417 406	Pinks -- All Out (HDTV)	Wrecked	Wrecked	Pinks (HDTV)	Pass Time	Pinks -- All Out	Pinks -- All Out	Pinks -- All Out	Pinks -- All Out	Pinks -- All Out	Pinks -- All Out
94	SCORE 410 403	Hardcore Champ. Fight	Score Tonight	Score Tonight	Stump-Schwab	Score Update	Score Update	Score Update	Score Update	Score Update	Score Update	Score Update
9	EDACC 267 351	Law & Order: Criminal Intent	Stargate SG-1 "Babylon"	Missing "Deep Cover"	Futurama	Dragon (DVS)	Backyardigans	Dora-Explorer	Go, Diego, Go!	The Mask		
14	YTV 552 543	Drake & Josh	H2O, Just Add	Prank Patrol	Prank Patrol	Prank Patrol	Prank Patrol	Prank Patrol	Prank Patrol	Prank Patrol		
17	TREE 553 546	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears	Dragon (DVS)	Backyardigans	Dora-Explorer	Go, Diego, Go!		
42	TOON 555 545	Eleen	Johnny Test	George-Jungle	Tom & Jerry	Tom and Jerry	Gleen	Backyardigans	Dora-Explorer	Go, Diego, Go!		
45	FAM 557 541	Zoe 101	Life Derek	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han, Montana	Life Derek	Ned's School		
-	TVA 121 714	TVA 18 heures	Sucré-salé	Jerry la grande queue ** (1967, Comédie) Jerry Lewis.	Home Improve.	Roseanne	Karaoke Star "Regina, SK"	Reba	Hope & Faith	Home Improve.		
18	CMT 575 583	Reba	Hope & Faith	Home Improve.	Roseanne	Karaoke Star "Regina, SK"	Reba	Hope & Faith	Home Improve.	Home Improve.		
25	A&E 615 520	The First 48 "Blackout"	Jacked: Theft	Jacked: Theft	Back in the Hood: Gang War 2	The First 48 (HDTV)	Canadian Idol Top five.	Uncovered	Celebraca	Scoop!		
26	MMN 571 581	Canadian Idol	Uncovered	Celebraca	Scoop!	Exes & Ohs	The Shining	Secrets-Deep	Biggest Loser	Open House		
29	FOOD 603 561	Scoop!	Exes & Ohs	The Shining	Secrets-Deep	Biggest Loser	Open House	Open House	Open House	Open House		
31	SHOW 617 522	Trailer Park	Billable Hours	ReGenesis (HDTV)	Intelligence (DVS)	Unwrapped	Bobby Play	Iron Chef America	Scoop!			
32	DISC 520 505	(6) Secrets of the Deep	MythBusters	Daily Planet	Rich Bride, Poor Bride	Divine Design	House	Confidential	Save Us-House	Open House		
33	SLICE 601 562	Last 10	Bulging Brides	The Biggest Loser	Rich Bride, Poor Bride	Divine Design	House	Confidential	Save Us-House	Open House		
34	W 602 567	Shopping Bags	House	Will & Grace	Friends	Battleground Earth	Law & Order "Thrill"	UFC Unleashed	Real Vice	Whacked Out		
35	TLC 521 560	American Chopper (N)	Miami Ink (HDTV) (N)	In the Village	Law & Order "Thrill"	UFC Unleashed	Real Vice	Whacked Out	Real Vice	Whacked Out		
36	BRAVO 620 523	(6) Timeline ** (2003, Adventure)	NCIS "Hiatus"	Air Force	22 Minutes	Laughs	Rick Mercer	Stargate SG-1 (DVS)	Surviving the Game ** (1994, Action)	Don't Forget Your Passport	Coltrane Britain	
38	SPIKE 628 584	TNA IMPACT! (N)	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy		
40	HIST 522 506	U-864: Hitler's Last Secret	NCIS "Hiatus"	Air Force	22 Minutes	Laughs	Rick Mercer	Stargate SG-1 (DVS)	Surviving the Game ** (1994, Action)	Don't Forget Your Passport	Coltrane Britain	
41	CMT 626 547	Laughs	Comics!	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy		
43	SPACE 627 528	Prom Night ** (1980, Horror) Jamie Lee Curtis.	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy		
44	WPCH 294 650	MLB Baseball: Braves at Mets	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy		
46	OLN 411 457	Mark Williams' Big Bangs	Don't Forget Your Passport	Coltrane Britain	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld		
47	TROP 619 525	Tube Tales	Vanity Insanity	Inside Hollywood	ET Canada	What Happen?	ETalk	TMZ	Restaurant Makeover	The Fix		
48	STAR 621 527	Katie & Peter: Next Chapter	The Ellen DeGeneres Show	The Ellen DeGeneres Show	ETalk	TMZ	Restaurant Makeover	The Fix	Latin Lover	The Mix		
52	HGTV 600 564	The Fix	Disaster DIY	Junk Brothers	The Big Flip	Raymond	Raymond	Raymond	Raymond	Raymond		
65	TLN 700 800	(6) Confessionne Mortale	News	Overseas Leg.	From the Spirit	Dalai Lama: Behind the Smile	True Heart ** (1997, Adventure)	True Heart ** (1997, Adventure)	True Heart ** (1997, Adventure)	True Heart ** (1997, Adventure)		
93	APTN 269 350	First Talk	News	Overseas Leg.	From the Spirit	Dalai Lama: Behind the Smile	True Heart ** (1997, Adventure)	True Heart ** (1997, Adventure)	True Heart ** (1997, Adventure)	True Heart ** (1997, Adventure)		
93	VISION 261 394	True Heart ** (1997, Adventure)	Kirsten Dunst.	True Life Outcasts.	Instant Star	MuchToTens	Revue Politique Headlines.	Traders	Prime Time Politics	The West Wing		
100	MTV 581 566	The Hills	After	True Life Outcasts.	Instant Star	MuchToTens	Revue Politique Headlines.	Traders	Prime Time Politics	The West Wing		
101	MM 570 580	Muchmsc Ctdn	Instant Star	True Life Outcasts.	Instant Star	MuchToTens	Revue Politique Headlines.	Traders	Prime Time Politics	The West Wing		
102	CPAC 512 396	Question Period	Revue Politique Headlines.	Traders	Prime Time Politics	The West Wing	Journal TV5	Cinéma	Pas bête "Savane"	Cité guide		
103	CLT 526 507	(6) Last Chapter	Partir	Design	Journal TV5	Cinéma	Pas bête "Savane"	Cité guide	Le Journal RDI	Le National	Le Téléjournal	
105	TV5 145 761	(6) On n'est pas couché	Partir	Design	Journal TV5	Cinéma	Pas bête "Savane"	Cité guide	Le Journal RDI	Le National	Le Téléjournal	
106	RDI 126 730	Le Téléjournal	Chine	Le Téléjournal	Le National	Le Téléjournal	RDI en direct	Le Journal RDI	Le National	Le Téléjournal		

critics'corner

Timeline

Better than that awful remake of "The Time Machine" — then again, so is root canal — this 2003 adventure follows a young man (Paul Walker) and some associates as they travel back in time to the 14th century to rescue his professor father (Billy Connolly). But people keep trying to kill them. Yeah. That's about it. Enjoy. 6 PM on BRAVO



XXIX Summer Olympics

Canadian runner Tyler Christopher hopes to bag gold today in his first Olympics in the men's 400 meters. The 24-year-old British Columbian holds the Canadian record of 44.44 seconds in that event, a mark he set three years ago at the world championships. He'll see stiff competition from Jeremy Wariner, the 2004 gold medalist in Athens, and his U.S. teammate LaShawn Merritt, who won silver in the event at the 2007 worlds. 4 PM on CBXT



Portia de Rossi is considering changing her name after marrying talk show host Ellen DeGeneres at the weekend. The couple tied the knot on Saturday. Arrested Development star de Rossi plans to keep her maiden name for now — but may soon change it. **METRO NEWS SERVICES**

Celebrity Buzz

Gosling and McAdams back on

CANADIANS

Rachel McAdams and Ryan Gosling are "definitely together again."

The pair — who split last April after dating for two years — are celebrating their rekindled relationship with a holiday in Toronto.

Gossip blogger Perez Hilton said:

"Sources have revealed exclusively to me that Ryan and Rachel are definitely together again. They are on holiday in Toronto and are both very happy."

The couple, who are both Canadian, are in the city ahead of the annual Toronto International Film Festival which runs from Sept. 4 to 13.

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Exes reunion?

EXES Brad Pitt and Jennifer Aniston could reunite at this year's Toronto International Film Festival, when the exes are debuting their new flicks just two days apart.

Pitt, 44, is among the stars who will walk the red carpet gala at the festival for the North American premiere of his Coen Brothers' flick *Burn After Reading* on Sept. 5. Pitt is also expected to attend the Venice Film Festival, where his film screens on August 27.

Meanwhile, Aniston, 39, is scheduled to attend the Toronto fest to promote

her romantic comedy *Management* — about a travelling art saleswoman fighting off the advances of a flaky motel manager — which is premiering Sept. 7.

Aniston — who just split from boyfriend John Mayer — was married to Pitt from July 2000 to January 2005.

METRO NEWS SERVICES



celebrity brief

Garth, Doherty getting along

TV Jennie Garth admits she was initially uneasy about working with Shannen Doherty again. The two famously clashed during their 90210 heyday — and once got into a fistfight. But when she reunited with Doherty to shoot CW's 90210 spin-off, she tells *TV Guide*, "It wasn't as bad as I thought it would be. I was a little nervous because I hadn't seen or talked to her in 14 years."

METRO NEWS SERVICES



Simpson hits the beer

SPOKESWOMAN Jessica Simpson has expanded her business empire once again — the entrepreneurial pop star has been signed up to promote beer. The singer/actress — who recently launched her own clothing line — has teamed up with Dallas' Stamped Brewing Company to become the new face of Stamped Light

Plus. Although terms of the deal were not disclosed, Simpson is reportedly taking on a 15-per-cent stake in the company in return for her endorsement.

METRO NEWS SERVICES



celebrity brief

Marriage drove Nielsen to booze

RELATIONSHIP Former actress Brigitte Nielsen blames her previous marriage for turning her into an alcoholic — insisting she turned to drink because she was

miserable. The Danish-born star divorced her fourth husband, Raoul Meyer, in 2005 and is now married to Italian bartender Mattia Dessi.

METRO NEWS SERVICES



celebrity brief

Alba's weight loss secret

BABY Just two months after giving birth to daughter Honor Marie, Jessica Alba is 25 pounds lighter — and her trainer is telling People just how she did it. Alba's trainer Ramona Braganza says she has been opting for a low-fat, low-carb diet and is training six days a week.

METRO NEWS SERVICES



Voight lashes out at Barr

DISPUTE Angelina Jolie's dad Jon Voight has blasted TV star Roseanne Barr for her attack on his daughter and her partner Brad Pitt. Voight is livid with the attack on his daughter — and claims Barr is suffering from the trauma of being abused as a child, reports *Usmagazine.com*. He says, "We can never be surprised at what vile evil comes from the mouth of a confessed victim of child abuse."

METRO NEWS SERVICES



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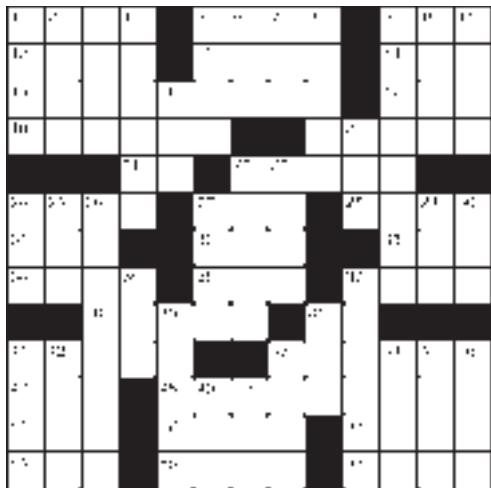
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Lovers on tour

Sir Paul McCartney has invited his new girlfriend to join him on tour. The former Beatle was set to embark alone, but after enjoying a recent road trip around America with Nancy Shevell, he has now asked her to travel around the world with him. **MUSIC-NEWS.COM**



Take Five



Crossword down

- 1 "Dragnet" star
- 2 Caboose's position
- 3 Actress Jessica
- 4 Hitchcock classic
- 5 Shakespeare, for one
- 6 Carte lead-in
- 7 Heavy weight
- 8 Passover meal
- 9 Using extreme care
- 10 Pennsylvania port
- 11 Gotta have
- 16 Whiz predecessor
- 20 Stickum
- 22 TV's "French Chef"
- 23 Has a bug
- 24 Retriever type
- 25 Indivisible
- 26 "They Shoot Horses,

- Don't They?" actor
- 27 Heart
- 29 Speed along
- 30 Chow down
- 35 Bart, to Homer
- 37 — Springs, Fla.
- 39 Vessel
- 40 That girl
- 41 Combustible heap
- 42 Session with a shrink
- 43 Titanic downfall
- 44 — contendere
- 45 Slanted type (Abbr.)
- 46 Girl in a Salinger story
- 49 "Eureka!"
- 50 Beige

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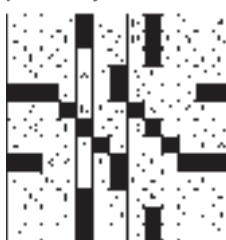
Crossword across

- 1 Swathe
- 5 Cuckoo
- 9 Barbie's companion
- 12 Morays, e.g.
- 13 Lotion additive
- 14 Anger
- 15 Piano style
- 17 Conk out
- 18 Reinforced
- 19 Urged (on)
- 21 The guy
- 22 Yuletide melody

- 24 Trademark symbol
- 27 Actor McBride
- 28 Leak slowly
- 31 Blackbird
- 32 Lubricate
- 33 By way of
- 34 Seeks alms
- 36 Literary monogram
- 37 Sobbed
- 38 Joined, as oxen
- 40 "Greetings!"
- 41 Agent 86's shoe, e.g.

- 43 Elton John's "— and the Jets"
- 47 Addressee
- 48 Ore-Ida product
- 51 Skedaddle
- 52 Burn somewhat
- 53 Ancient Persian Gulf country
- 54 Work unit
- 55 Suspend
- 56 Characterization

previous day's answer



WORDY GURDY



This day in history

- AUG. 21, 1770: James Cook formally claims eastern Australia for Great Britain, naming it New South Wales.
- AUG. 21, 1831: Nat Turner leads black slaves and free blacks in a rebellion.
- AUG. 21, 1911: The Mona Lisa is stolen by a Louvre employee.
- AUG. 21, 1968: James Anderson, Jr. posthumously receives the first Medal of Honor to be awarded to an African American U.S. Marine.
- AUG. 21, 1993: NASA loses contact with the Mars Observer spacecraft.
- AUG. 21, 2001: NATO decides to send a peace-keeping force to the former Yugoslav Republic of Macedonia. **METRO NEWS SERVICES**

HOW TO PLAY SUDOKU:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

7	9	3	5	6	2	8	1	4
8	4	6	1	9	3	2	5	7
5	2	1	8	7	4	9	6	3
2	5	7	9	4	8	1	3	6
4	3	9	6	5	1	7	8	2
1	6	8	3	2	7	5	4	9
3	7	5	2	8	6	4	9	1
9	1	4	7	3	5	6	2	8
6	8	2	4	1	9	3	7	5

SUDOKU SOLVE TIME IN MINUTES:

Under 13: Genius
13-17: Scholar

Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

The completion of a pact is just up ahead. A tiresome person's madness increases. A male will have an increasingly good effect.

TAURUS

APRIL 21-MAY 21

People want to talk about love. Find a better approach to working with a gossip. Frustration will lead to a crucial confrontation.

GEMINI

MAY 22-JUNE 21

A friend will give you insight into a stressful situation. Don't act against your better judgment. Emotional ties will call for clever analysis.

CANCER

JUNE 22-JULY 22

Give your blessing to a project. A violent temper needs therapeutic intervention. Don't be a slave to a difficult habit.

LEO

JULY 23-AUG 23

A clash between loved ones will end well. You'll feel awful about breaking a promise. Get away from work as early as you can.

VIRGO

AUG 24-SEPT 22

Profound thoughts will blow your mind. Make sure that your wallet is safe before going out. News about a celebration is disturbing.

LIBRA

SEPT 23-OCT 23

Love inspires a fresh start. Someone with an evil side is full of mixed messages. An authority figure distrusts a word of warning.

SCORPIO

OCT 24-NOV 22

Honesty is rewarded by a foreigner. Don't blame a friend for emotional blindness. A security blanket causes a minor spat.

SAGITTARIUS

NOV 23-DEC 21

You won't give in to brainwashing. A secret task will soon be public knowledge. Do not criticize a co-worker.

CAPRICORN

DEC 22-JAN 20

An arrogant fool makes a fatal error with his assets. Road hazards are a pain in the neck. You're able to triumph at a meeting.

AQUARIUS

JAN 21-FEB 18

Opportunities for work will come through. Your dedication to loved ones is repaid. A colleague makes a romantic move.

PISCES

FEB 19-MAR 20

An older man requires your enthusiastic presence. Get out into the world to refresh your spirit. A wicked realist has to seek forgiveness.

Sudoku

5	6			2		8
	8		6	7		9
7			9	8		4
	2	5		9	4	
2			1	6		7
	5		3	2		6
3	1				9	2

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Edmonton weather

Afternoon



Rain.
12°

Tonight



Cloudy.
Low 7°

Friday



Sunny.
17° / 8°

Saturday



Mainly sunny.
23° / 10°

Sunday



Sunny.
27° / 12°



Temperature Normals
High: 21.7°
Low: 8.9°

Records
High: 31.7°/1894
Low: -0.6°/1908

Sunrise: 6:24 a.m.
Sunset: 8:48 p.m.
Moonset: 12:49 p.m.
Moonrise: 9:52 p.m.

TWN incorporates MSC data



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